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PEANUTS HAVE A HIGH FOOD VALUE

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U. S. Department of Agriculture

Fortunately for people who must economize, peanuts are not only a cheap

and filling food -- they take rank among the most nutritious foods we have, and may appear in any course, literally from "soup to nuts". A pound of whole peanuts, according to food specialists of the U.S. Department of Agriculture, contains nearly half a pound of fat and nearly one fourth of a pound of protein. Both the oil or fat, and the protein are of a very high grade and readily digestible.

For young children, peanut butter is more digestible than whole or ground peanuts. But ground fresh peanuts mixed with a little cream or milk if desired, or with salad dressing, can be used as a sandwich spread for school day lunch, or in a sandwich with a slice of raw onion for any lunch, especially on dark bread; or they can be creamed and served on toast for supper.

Peanut butter may be used to good purpose in soups; for example, a slightly thickened soup of tomato juice and peanut butter, or a milk soup, flavored slightly with onion as well as peanut butter. Then there are peanut cookies, peanut butter cup cakes, and peanut brittle ice cream. Creamed peanuts and rice are an agreeable dinner dish, and so are scalloped onions and ground peanuts, or scalloped cabbage and peanuts. A peanut loaf is a satisfying main dish; or a peanut fondue may serve the same purpose. Both recipes are supplied by the Bureau of Home Economics of the U.S. Department of Agriculture. Peanuts in salad -- in short, peanuts in any form add flavor and substantial food value to any dish or any meal.

Peanut Loaf

1-1/2 cups chopped roasted peanuts	2 eggs, beaten
1-1/2 cups chopped carrots	2 tablespoons melted fat
1-1/2 cups dried bread crumbs	1-1/2 teaspoons salt
1-1/2 cups tomatoes	Pepper to taste

Mix the ingredients thoroughly. Pour into a bread pan, lined with heavy oiled paper. Bake for 30 minutes in a moderate oven, (350° F.).

Peanut Fondue

1-1/2 cups milk	Pepper to taste
2 cups soft bread crumbs	3 eggs
1 teaspoon salt	2 cups chopped roasted peanuts
2 teaspoons chopped onion	

Scald the milk in a double boiler, add the crumbs, salt, onion, and pepper to taste. Beat the yolks and whites of the eggs separately. Stir this mixture into the egg yolks, add the peanuts, and fold into the egg whites. Pour into a greased baking dish and bake in a moderate oven for 30 minutes or until set in the center.

THE WOODS OF HEDDLE

BY JAMES RUSSELL LOWELL

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